

**BALLET BODY™ BARRE
 & ADULT DANCE SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:00-8:00 Ballet Body™ Barre 1-Hour Workout			
				8:00-9:00 Ballet Body™ Barre 1-Hour Workout		
				10:00-11:15 Ballet Body™ Barre		
		10:30-11:45 Ballet Body™ Barre (Basic)				10:30-11:45 Ballet Body™ Barre
11:30-12:45 Ballet Body™ Barre					11:00-12:15 Ballet Body™ Barre	
			12:00-1:00 Ballet Body™ Barre 1-Hour Workout			11:45-1:00 Beginner Ballet
					12:15-1:30 Beginner Ballet	
						1:15-2:15 Variation/Rep Wksp*
					1:30-2:45 Intermediate Ballet	
						5:00-6:15 Beginner Ballet
6:00-7:15 Ballet Body™ Barre (Basic)	6:00-7:15 Ballet Body™ Barre					
		6:30-7:45 Ballet Body™ Barre	6:15-7:30 Beginner Ballet	6:15-7:30 Ballet Body™ Barre		6:15-7:30 Ballet Body™ Barre
7:30-8:45 Beginner Ballet (Basic)	7:30-8:45 Adv Beg Ballet		7:30-8:45 Ballet Body™ Barre	7:30-8:45 Beginner Ballet		

Ballet Body™ Barre (1¼ Version):

M 11:30-12:45, M 6:00-7:15, T 6:00-7:15, W 10:30-11:45,
 W 7:15-8:30, Th 7:15-8:30, F 10:00-11:15, F 6:15-7:30,
 Sa 11:00-12:15, Su 10:30-11:45, Sun 6:15-7:30

Ballet Body™ Barre (1-Hour Workout):

Th 7:30-8:45(AM), Th 12:00 -1:00, F 8:00-9:00(AM)

Beginner Ballet:

M 7:30-8:45, Th 6:15-7:30, F 7:30-8:45, Sa 12:30-1:45,
 Su 11:45-1:00, Su 5:00-6:15

Advanced Beginner Ballet

T 7:30-8:45

Intermediate Ballet:

Sa 1:30-2:45

Variation/Repertory Workshop:

Su 1:15-2:15

(special rates apply and students must take another class before to warm up)

Classes may be subject change or cancellation. It is recommended to reserve in advance.

6/29/2018

REGISTRATION

Adult Students must set up an account which may be done in person at the time of initial purchase or trial class, or on line.

<u>FEES</u> & Special Promotions	Ballet Body™ Barre	Adult Dance Classes Ballet (all levels), Tap	All Classes (Ballet Body™ Barre & Adult Dance Classes)
<u>Trial Class</u>	\$20	\$20	\$20
<u>Single Class</u>	\$37	\$30	
<u>10-Class Card</u>	10 Classes for \$300 (3 month expiration) w/Senior (62+) Discount 10-BBBarre for \$280	10 Classes for \$265 (3 month expiration) w/Senior (62+) Discount 10-Dance for \$240 10 Variation/Repertory Wksp Classes for \$300	
<u>20-Class Card</u>	20 Classes for \$560 (4 month expiration) w/Senior (62+) Discount 20-BBBarre for \$500	20 Classes for \$460 (4 month expiration) w/Senior (62+) Discount 20-Dance for \$440	
<u>Special 1 Month Class Packages</u>			12 Classes for \$228 (1 month expiration)
<u>Unlimited Class Cards</u>			Special Introductory offer 1st Month Unlimited \$150 (1 month expiration)

Ballet Body™ Barre is a different kind of barre workout: a careful, low impact form of exercise, emphasizing correct and use of the body using principles of classical ballet which have a long history of shaping beautiful bodies. We offer both Barre workout classes and Adult Ballet Classes.

Ballet Body™ Barre class consists of 30 minutes of ballet and yoga stretches followed by 45 minutes of ballet barre doing AUTHENTIC training exercises that ballet dancers do everyday to condition their muscles and prepare them to dance resulting in lengthened, toned muscles and elegant posture.

Adult Ballet class consists of a ballet barre warm-up followed by center work where learning ballet steps moves the entire body in space for a more intense aerobic challenge. Classes are taught in a comfortable, non-competitive environment, with small classes affording time for individual attention.

Class cards for adult students are strictly non-refundable and non-transferable. Adult class card holders who are not able to take their 10 or 20 classes by expiration may take a class at an equal or lesser rate before the date of expiration. There are no extensions. Adult classes are on-going throughout the year and a class card may be purchased at any time.

BOOKING YOUR CLASS

Please reserve your spot in class through our website or MindBody in advance, classes with less than 2 reservations are subject to cancellation. However, if you reserve and are not unable to attend you will not be charged for your class, but you should cancel your reservation at least 30 minutes before the class to avoid a possible \$5 fee.

DRESS SUGGESTIONS AND GUIDELINES

For Ballet Body™ Barre classes you can wear leggings and a top, workout clothes or dance clothes. Socks are fine. We sell ballet slippers – if you become a member (purchase a class package), it is advisable to let us fit them on you. **Street shoes are NOT permitted in the studio.**